



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09104, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids

Report Date: June 30, 2017 06:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g
Proximates					
Water	g	84.24	--	--	212.28
Energy	kcal	58	--	--	146
Energy	kJ	243	--	--	612
Protein	g	0.34	--	--	0.86
Total lipid (fat)	g	0.07	--	--	0.18
Ash	g	0.21	--	--	0.53
Carbohydrate, by difference	g	15.14	--	--	38.15
Fiber, total dietary	g	1.0	--	--	2.5
Minerals					
Calcium, Ca	mg	7	--	--	18
Iron, Fe	mg	0.29	--	--	0.73
Magnesium, Mg	mg	5	--	--	13
Phosphorus, P	mg	9	--	--	23
Potassium, K	mg	82	--	--	207
Sodium, Na	mg	6	--	--	15
Zinc, Zn	mg	0.07	--	--	0.18
Copper, Cu	mg	0.065	--	--	0.164
Manganese, Mn	mg	0.148	--	--	0.373
Vitamins					
Vitamin C, total ascorbic acid	mg	2.5	--	--	6.3
Thiamin	mg	0.014	--	--	0.035

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g
Riboflavin	mg	0.020	--	--	0.050
Niacin	mg	0.365	--	--	0.920
Pantothenic acid	mg	0.053	--	--	0.134
Vitamin B-6	mg	0.032	--	--	0.081
Folate, total	µg	3	--	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	8
Folate, DFE	µg	3	--	--	8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	21	--	--	53
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	429	--	--	1081
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.009	--	--	0.023
16:0	g	0.006	1	--	0.015
18:0	g	0.002	1	--	0.005
Fatty acids, total monounsaturated	g	0.012	--	--	0.030
18:1 undifferentiated	g	0.012	1	--	0.030
Fatty acids, total polyunsaturated	g	0.028	--	--	0.071
18:2 undifferentiated	g	0.024	1	--	0.060
18:3 undifferentiated	g	0.003	1	--	0.008
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					